

## ABSTRACT

### HUBUNGAN TINGKAT KONSUMSI PROTEIN HEWANI DENGAN ANEMIA DAN BERAT BADAN IBU HAMIL DI KOTA BIMA

**Latar belakang:** Ibu hamil merupakan salah satu kelompok yang rentan terjadinya masalah gizi terutama anemia defisiensi besi. Ibu memerlukan semua zat gizi tambahan selama masa kehamilan, akan tetapi yang sering menjadi kekurangan adalah energi protein dan beberapa mineral seperti zat besi dan kalsium. Status gizi yang rendah dan pola makan yang salah pada ibu hamil dapat mengakibatkan terjadinya gangguan gizi pada ibu hamil, antara lain anemia, rendahnya penambahan berat badan, dan gangguan pertumbuhan janin. Oleh sebab itu, asupan makanannya yang mengandung protein pada ibu hamil merupakan salah satu faktor yang sangat penting dalam menunjang proses kehamilan baik bagi ibu maupun janin.

**Tujuan:** Penelitian ini bertujuan untuk mengetahui hubungan tingkat konsumsi protein hewani terhadap anemia dan berat badan ibu hamil di Kota Bima, Nusa Tenggara Barat.

**Metode:** Penelitian dilakukan dengan menggunakan metode observasional analitik dengan pendekatan cross sectional study. Penelitian ini telah dilakukan pada tahun 2015-2018 dengan mengambil data primer langsung dari responden. Data sekunder yang akan diambil pada PEER health research project “Dampak Pengurangan Paparan Asap Rokok di Rumah Terhadap Prevalensi BBLR dan Kesehatan” pada tahun 2015-2018 di Kabupaten/kota Lombok dan Bima” yang berasal dari kuesioner ibu hamil 1) < 4 bulan, 2) ibu hamil < 6 bulan dan 3) pada saat bayi lahir.

**Hasil:** Dari hasil uji hubungan tingkat konsumsi protein hewani dengan anemia yang dilakukan, didapatkan p-value 0,026 atau <0,05 yang mengindikasikan bahwa terdapat hubungan yang signifikan antara tingkat konsumsi protein hewani dengan anemia pada ibu hamil di Kota Bima. Selain itu, hasil uji analisis hubungan tingkat konsumsi protein hewani dengan berat badan ibu hamil didapatkan juga p-value 0,048 atau <0,05 yang mengindikasikan bahwa terdapat hubungan yang signifikan antara tingkat konsumsi protein hewani dengan peningkatan berat badan ibu hamil.

**Kesimpulan:** Terdapat hubungan antara tingkat konsumsi protein hewani dengan anemia dan berat badan ibu hamil. Selain itu, tingkat konsumsi protein hewani pada ibu hamil di Kota Bima sudah cukup baik dan jenis sumber pangan hewani yang paling banyak dikonsumsi adalah ikan. Kasus anemia pada ibu hamil di Kota Bima sangat rendah yaitu rata-rata dibawah 15% sedangkan yang tidak anemia yaitu diatas 85%. Ibu hamil yang mengalami kenaikan berat badan rendah di Kota Bima sangat sedikit yaitu rata-rata 11,8%.

**Kata kunci:** Berat badan ibu hamil, anemia, protein hewani, status gizi.

## ABSTRACT

### RELATIONSHIP BETWEEN THE LEVEL OF CONSUMPTION OF ANIMAL PROTEIN WITH ANEMIA AND THE WEIGHT OF PREGNANT WOMEN IN THE CITY OF BIMA

**Background:** *Pregnant women are one of the groups that are vulnerable to nutritional problems, especially iron deficiency anemia.. Mothers need all additional nutrients during pregnancy, but what is often lacking is energy, protein and some minerals such as iron and calcium. Low nutritional status and wrong diet in pregnant women can result in nutritional disorders in pregnant women, including anemia, low weight gain, and fetal growth disorders. Therefore, food intake, especially those containing protein in pregnant women, is one of the most important factors in supporting the process of pregnancy for both mother and fetus.*

**Objective:** *This study aims to determine the relationship between the level of animal protein consumption on anemia and body weight of pregnant women in Bima City, West Nusa Tenggara.*

**Method:** *The study was conducted using analytical observational methods with a cross sectional study approach. This research has been conducted in the period of 2015-2018 by taking primary data directly from respondents. Secondary data to be taken in the PEER health research project "The Impact of Reducing Exposure to Cigarette Smoke at Home on the Prevalence of BBLR and Health" in 2015-2018 in Lombok and Bima Districts" derived from questionnaires for pregnant women 1) < 4 months, 2) pregnant women < 6 months and 3) at birth.*

**Results:** *From the results of the test The relationship between the level of animal protein consumption and anemia carried out, a p-value of 0.026 or <0.05 was obtained which indicated that there was a significant relationship between the level of animal protein consumption and anemia in pregnant women in Bima City. In addition, the results of the analysis test The relationship between the level of animal protein consumption and the body weight of pregnant women was also obtained p-value 0.048 or <0.05 which indicates that there is a significant relationship between the level of animal protein consumption and the increase in body weight of pregnant women.*

**Conclusion:** *There is a relationship between the level of animal protein consumption and the anemia and weight of pregnant women in this study. In addition, the level of animal protein consumption in pregnant women in Bima City is quite good and the most consumed type of animal food source is fish. Cases of anemia in pregnant women in Bima City are very low, which is on average below 15% while those who are not anemic are above 85%. Pregnant women who experienced low weight gain in the city of Bima were very few, namely an average 11,8%.*

**Keywords:** *Pregnant women's weight, anemia, animal protein, nutritional status..*